

# Aquawareness e propriocezione

perché i galleggiamenti e le attività motorie in acqua favoriscono la propriocezione

La pratica aquawareness svolta in superficie sia in moderata profondità (fino ad un massimo di 2,5 mt) favorisce il senso della **\*\*propriocezione\*\*** grazie al contatto, parziale o integrale, dell'epidermide con l'acqua che stimola maggiormente il senso del tatto in ogni parte del corpo rispetto alle condizioni "terrestri", amplificando significativamente la consapevolezza corporea. Inoltre, in acqua, la gravità è controbilanciata dalla spinta di Archimede, permettendo un miglior controllo "fine" del corpo e anche una maggiore sensibilità ad ogni cambiamento, anche minimo, di forma, assetto e orientamento grazie alle risposte puntuali del liquido,[4][5].

La fluttuazione nell'acqua richiede un'attenta coordinazione motoria, che affina le capacità propriocettive[4]. Inoltre, l'esperienza sensoriale unica dell'immersione, inclusi i movimenti fluidi e il silenzio, contribuisce a una maggiore consapevolezza del proprio corpo nello spazio[4][5].

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# Aquawareness draw us into the present moment

**Aquawareness** is an intriguing concept that invites us to explore our relationship with water through heightened awareness.

## 1. Giancarlo De Leo's Work on Aquawareness:

- **Giancarlo De Leo**, an independent researcher, former athlete, and swimming instructor, has been a pioneer in the field of Aquawareness. His work delves into the profound connection between water and our consciousness.
- In his article titled **“Using Water to Enhance Awareness: The Ultimate Approach to Mastering Swimming,”** De Leo emphasizes the importance of rediscovering our personal aquatic skills. He advocates for moving beyond mere technical proficiency in swimming and instead focusing on a mindful exploration of our existence within water<sup>2</sup>.
- De Leo’s approach encourages swimmers to go beyond the competitive aspect and embrace water as a medium for self-awareness. Imagine swimming not just for speed or exercise, but as a way to connect with the liquid element that envelops us, much like our existence in the womb<sup>2</sup>.

## 1. Awareness and Water:

- Water has a unique ability to evoke awareness. Whether it’s the soothing sound of waves, the sensation of floating, or the reflective quality of water surfaces, it draws us into the present moment.
- Next time you swim or simply immerse yourself in water, consider the deeper layers of awareness it can offer. Perhaps Aquawareness isn’t just about swimming—it’s about connecting with the primal element that sustains life itself.

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# **Aquawareness: a fascinating concept that combines water and mindfulness to enhance both physical and mental awareness.**

Let's dive in (pun intended!) and explore its unique advantages:

- 1. Connection with Water:** Aquawareness leverages water as a tool to increase bodily and mental awareness. Think of it as a way to reconnect with the primal element—the same fluid that surrounded us in the womb. ☐
- 2. Rediscovering Boundaries:** Just as we first encountered boundaries within the amniotic fluid, Aquawareness allows us to explore our corporeality anew. It's like rediscovering our body's language—strange yet familiar movements that evoke forgotten sensations. ☐☐♫☐
- 3. Nārāyaṇa and Cosmic Transition:** In Indian mythology, Nārāyaṇa represents the transition from undifferentiated stillness to individual consciousness. Picture him sleeping blissfully on primordial waters, a lotus sprouting from his navel—the first spark of awareness detached from the universal matrix. ☐
- 4. Swimming Mastery:** Aquawareness isn't just about splashing around; it's about mindful presence in water. By truly engaging with water experiences, you learn to

swim—not just doggy-paddle but **Swimming** (yes, with a capital S!). ☺☺☺

5. **Meditation Galore:** With the right mindset, every dip becomes an opportunity for meditation. Imagine floating, fully aware of the water around you—an Aquawareness practice that nourishes both body and mind. ☺☺☺

So, whether you're a seasoned swimmer or a water enthusiast, consider embracing Aquawareness. It's not just about strokes; it's about diving into consciousness itself! ☺

Would you like to explore more about this or have any other aquatic curiosities? ☺☺

(1) Aquawareness – aquawareness.  
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**What are the benefits of  
deconstructing swimming  
techniques in Aquawareness**



Deconstructing techniques in Aquawareness provides numerous benefits:

1. **\*\*Enhanced Sensory Awareness\*\***: By forgetting complex motor skills, individuals can focus on feeling the water and their bodies, fostering a deeper sensory connection; by focusing on the body's natural interactions with water, individuals develop a deeper understanding of their movements and sensations.[1].

2. **\*\*Increased Trust and Confidence\*\***: It encourages trust in the body's natural buoyancy and interaction with water,

enhancing confidence without relying on artificial aids. This approach fosters trust in water, allowing for more relaxed and confident movement, which is crucial for effective swimming..[1].

3 **\*\*Pure Observation\*\***: This approach allows for objective observation of how the body and water interact, free from performance expectations or biases[1].

4. **\*\*Improved Technique\*\***: Breaking down complex skills helps individuals refine their movements, leading to more efficient swimming without reliance on rigid techniques.[1].

5. **\*\*Personalized and Intuitive Learning\*\***: It promotes learning through personal exploration, adaptation and understanding, rather than mechanical repetition, allowing participants to discover what works best for their unique body statics and dynamics in water[1].

[1] Aquawareness <https://www.aquawareness.net/aquawareness/>

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## **How does Aquawareness differ from traditional swimming lessons**



Aquawareness differs from traditional swimming lessons in several key ways:

1. **Focus on Mindfulness:** Aquawareness emphasizes sensory engagement and mindfulness, encouraging swimmers to connect deeply with their body and the water, rather than focusing on speed or technique[1][5].
2. **Deconstruction of Techniques:** It promotes unlearning rigid motor skills and avoiding reliance on accessories, fostering a natural and intuitive relationship with water[1][5].
3. **Individual Exploration:** Unlike the structured,



performance-driven approach of traditional lessons, Aquawareness prioritizes personal exploration and autonomous decision-making in the water[1][5].

Citazioni:

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[4] Infant Swimming Resources vs Traditional Swim Lessons  
<https://h2osurvivalswimschool.com/infant-self-rescue-vs-traditional-swim-lessons/>

[5] Aquawareness <https://www.aquawareness.net/aquawareness/>

[6] The Swimfinity Difference  
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**Aquawareness: vantaggi e benefici; confronti con altre discipline olistiche come Pilates, Feldenkreis, Yoga, Taichi, Qigong...**



Aquawareness offre diversi vantaggi unici che possono renderla preferibile rispetto ad altre pratiche olistiche quali Pilates, Feldenkreis, Yoga, Taichi, Qigong. Le elenchiamo in ordine, crescente, di importanza...

1. **Connessione con l'elemento acqua:** Aquawareness sfrutta l'acqua come strumento per aumentare la consapevolezza corporea e mentale. L'acqua, essendo un elemento naturale, offre una sensazione di leggerezza e supporto che può facilitare il rilassamento e la meditazione anche nelle fasi preliminari alle vere e proprie immersioni<sup>1</sup>.
2. **Riduzione dello stress:** L'ambiente acquatico può aiutare a ridurre lo stress e l'ansia. L'acqua ha un effetto calmante sul sistema nervoso, che può migliorare il benessere generale e aiutare la consapevolezza indotta nelle fasi successive<sup>2</sup>.
3. **Accessibilità:** Aquawareness può essere praticata da persone di tutte le età e livelli di abilità. L'acqua riduce l'impatto sulle articolazioni, rendendo questa pratica accessibile anche a chi ha limitazioni fisiche<sup>2</sup>.
4. **Benefici fisici:** Oltre ai benefici mentali, Aquawareness può migliorare la forza muscolare, la flessibilità delle articolazioni e la resistenza cardiovascolare grazie agli esercizi svolti in acqua<sup>3</sup>.
5. **Miglioramento della consapevolezza corporea:** La pratica di Aquawareness incoraggia una maggiore consapevolezza delle sensazioni corporee e delle percezioni indotte dall'acqua, che vengono amplificate dal contatto diretto con l'epidermide. Questo può portare a una migliore

comprensione del proprio corpo, delle posture in stato di quiete o durante i suoi movimenti<sup>3</sup>.

6. **Apprendimento del Nuoto:** Aquawareness è nata proprio per queste ragioni, per insegnare ed imparare a nuotare **davvero**. Per scoprire il comportamento dell'acqua esclusivamente attraverso il proprio corpo (e non attraverso modelli astratti predefiniti), e simmetricamente, imparare a (ri)-conoscere il proprio corpo attraverso gli stimoli e le risposte dell'acqua, per natura sempre adeguate, chiare, trasparenti. L'interazione corpo-acqua, purché permeata di doppia consapevolezza esterna-interna, costituisce l'essenza di qualsiasi attività natatoria.
7. **Capacità di sopravvivenza in acqua:** "Primum vivere, deinde philosophari" dicevano gli Antichi Romani, ed avevano ragione da vendere! Anche l'atleta più performante del mondo in piscina, se ha paura dell'acqua alta e non sa confrontarsi con laghi, fiumi o mari, se non affronta onde od oscurità, rimane un atleta ma non sarà mai un Nuotatore. Non sarà mai in grado di salvare gli altri in situazioni difficili e neanche se stesso. Aquawareness, invece, è la via maestra per aumentare le capacità di sopravvivenza in acqua per mezzo della consapevolezza: interna ed esterna, grazie alle quali ad ogni situazione difficile potrà corrispondere una azione (o non-azione) per quanto possibile "giusta", adeguata...che, purtroppo, talvolta potrebbe non risultare sufficiente...ma sarà, probabilmente, la migliore possibile in quelle specifiche condizioni.

<sup>1</sup>: [Aquawareness](#)

<sup>2</sup>: [Ocean4Future](#)

<sup>3</sup>: [Aquawareness](#)

(1) Aquawareness – aquawareness.  
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# How does aquawareness differ from traditional swimming techniques

Aquawareness differs significantly from traditional swimming techniques in its approach and philosophy. Here are the main distinctions:

## Focus on Mindfulness vs. Performance

- **Mindfulness:** Aquawareness emphasizes a meditative and mindful experience in the water, encouraging swimmers to develop a dual awareness—being aware of their body and the water simultaneously. This approach promotes sensory engagement and personal exploration rather than merely focusing on speed or technique<sup>1</sup>.
- **Performance-Oriented:** Traditional swimming techniques often prioritize competitive performance, teaching swimmers specific strokes and techniques aimed at maximizing speed and efficiency. This focus can lead to a mechanical understanding of swimming, where the emphasis is placed on achieving the “correct” form for competitive success<sup>1</sup>.

# Deconstruction of Techniques

- **Deconstruction:** Aquawareness advocates for forgetting complex motor skills associated with traditional swimming, allowing individuals to reconnect with their natural instincts in the water. This involves stripping away accessories and focusing on the pure experience of swimming, which contrasts sharply with traditional methods that rely heavily on structured training and equipment<sup>1</sup>.
- **Structured Learning:** In traditional swimming schools, students are often taught specific techniques from the outset, which can limit their ability to explore their own relationship with water. The emphasis is on replicating established forms rather than fostering individual expression and understanding<sup>1</sup>.

## Phases of Practice

- **Receptive and Active Phases:** Aquawareness incorporates two phases: a receptive phase focused on pure attention to sensations in the water, followed by an active phase where swimmers consciously choose actions based on their experiences. This process encourages deeper engagement with the aquatic environment<sup>1</sup>.
- **Goal-Oriented Training:** Traditional swimming typically involves setting performance goals (like completing laps or achieving a certain time) that can detract from the enjoyment and exploratory aspects of being in water<sup>1</sup>.

## Conclusion

In summary, while traditional swimming techniques prioritize performance and efficiency through structured learning,

Aquawareness fosters a more holistic approach that emphasizes mindfulness, sensory engagement, and personal exploration within the aquatic environment. This shift in focus allows for a richer experience that can enhance

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# **Aquawareness: history of a discipline**

Giancarlo De Leo is a prominent figure in the field of Aquawareness, a discipline he founded that integrates mindfulness and self-awareness with aquatic environments. His approach emphasizes the importance of both physical and mental awareness while engaging with water, promoting a deeper connection between individuals and their aquatic experiences.

## **Early Influences and Development of Aquawareness**

De Leo's passion for water began in his childhood during summers spent at the Italian beaches. He describes how these experiences shaped his understanding of swimming and water safety, leading to a mindful approach that he considers essential for both enjoyment and safety in aquatic activities[1]. His foundational experiences included learning to swim in a structured yet explorative environment, which allowed him to develop his own techniques and styles, fostering a sense of creativity within the discipline of swimming.

# The Concept of Aquawareness

**Aquawareness** combines elements of mindfulness with aquatic activities, encouraging individuals to become more aware of their bodies and minds while interacting with water. This practice not only enhances swimming skills but also promotes relaxation and mental well-being. De Leo's work in this area has been influential in redefining how people perceive their relationship with water, moving beyond traditional swimming instruction to a holistic understanding of aquatic environments as spaces for personal growth and exploration[4][5].

## Contributions and Publications

Giancarlo De Leo has authored various works on Aquawareness, exploring its principles and applications. His book "Aquawareness: Mindfulness in Water" delves into how water can serve as a medium for enhancing self-awareness and personal development[5]. Through his teachings, he aims to foster a greater appreciation for the therapeutic qualities of water, advocating for its use in educational and recreational settings.

In summary, Giancarlo De Leo's contributions to Aquawareness reflect a unique blend of personal experience, educational philosophy, and innovative thinking about the role of water in human development. His work continues to inspire individuals to engage with aquatic environments mindfully, enhancing both their physical abilities and emotional well-being.

Citations:

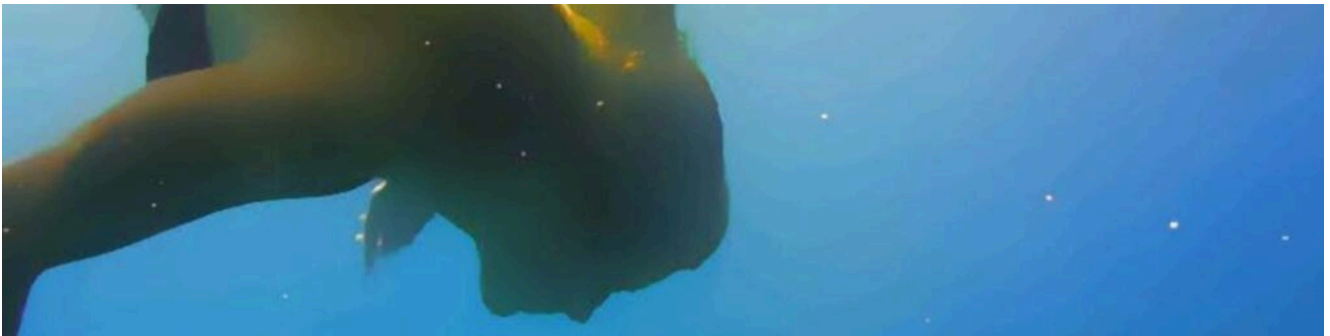
[1] <https://www.aquawareness.net/interview/>

[4]

<https://www.fuorimag.it/aquawareness-bibliografia-ragionata/>

[5]

# Ai mirror, Bing Copilot: aquawareness



[“Aquawareness: Mindfulness in Water”](#) by Giancarlo De Leo is a fascinating exploration of how water can be used as a medium for enhancing self-awareness and mindfulness. Here are some key aspects of the article:

- 1. Concept of Aquawareness:** The article delves into the idea that our earliest experiences of existence are tied to water, starting from the amniotic fluid in the womb. This connection forms the basis for using water to enhance mindfulness and self-awareness.
- 2. Mindfulness Practices:** De Leo integrates mindfulness techniques with swimming, suggesting that being in water can help individuals achieve a state of meditative awareness. This involves being fully present in the moment, feeling the water around you, and becoming aware of your body’s movements and sensations.
- 3. Historical and Cultural Insights:** The article also touches on various cultural and historical perspectives on water. For example, it discusses Indian mythology, where water is seen as a primordial element, and Taoist



philosophy, which views water as a model of adaptability and strength<sup>1</sup>.

4. **Practical Applications:** De Leo provides practical exercises and techniques for readers to practice Aquawareness. These exercises are designed to help individuals connect with their inner selves and improve their mental well-being through the medium of water.
5. **Multimedia Content:** The article is enriched with multimedia content, including videos and interactive elements, to provide a more immersive learning experience<sup>1</sup>.

If you're interested in exploring how water can be a tool for mindfulness and self-awareness, this article is a great resource. ☐

Would you like to know more about any specific aspect of the article? ☐

<sup>1</sup>: [Aquawareness – aquawareness](#)

- (1) [Aquawareness – aquawareness](#)
- (2) [Giancarlo De Leo – aquawareness](#)
- (3) [Giancarlo De Leo, Autore a OCEAN4FUTURE](#)
- (4) [Aquawareness: il Nuoto come strumento di consapevolezza.](#)
- (5) [\(PDF\) Aquawareness – Riscoprire il proprio rapporto con l'acqua ...](#)

(Conversazione con Copilot 16/10/2024)

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# Aquawareness Vs Traditional Meditation



How does Aquawareness compare to traditional meditation in terms of mental clarity

Aquawareness and traditional meditation both aim to enhance mental clarity but do so through different mechanisms:

- **Aquawareness:** This practice utilizes water's sensory

properties to promote mindfulness, potentially enhancing focus and reducing emotional reactivity. The active engagement in water may stimulate brain regions associated with attention and relaxation, fostering a unique state of clarity through physical movement and immersion.

- **Traditional Meditation:** Methods like mindfulness or transcendental meditation primarily focus on stillness and breath control, leading to decreased activity in the Default Mode Network (DMN). This reduction helps diminish mind-wandering and enhances cognitive control, promoting sustained mental clarity over time.

In summary, Aquawareness emphasizes sensory engagement and movement, while traditional meditation focuses on stillness and mental discipline to achieve clarity.

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